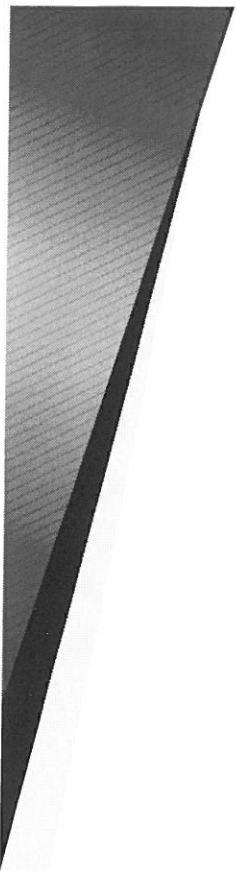


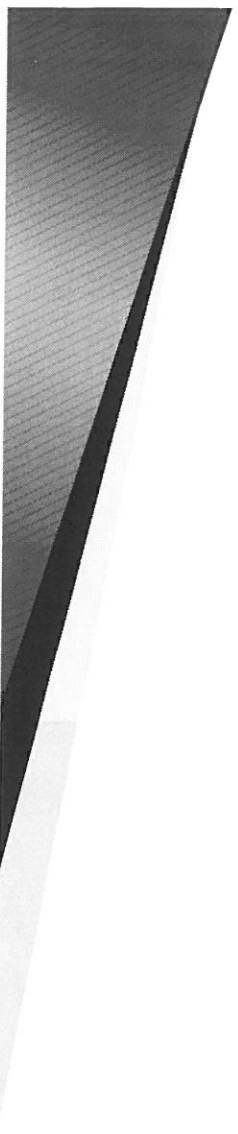
# **Aging and Disability Resource Network**

» Bridge to Long-Term Care



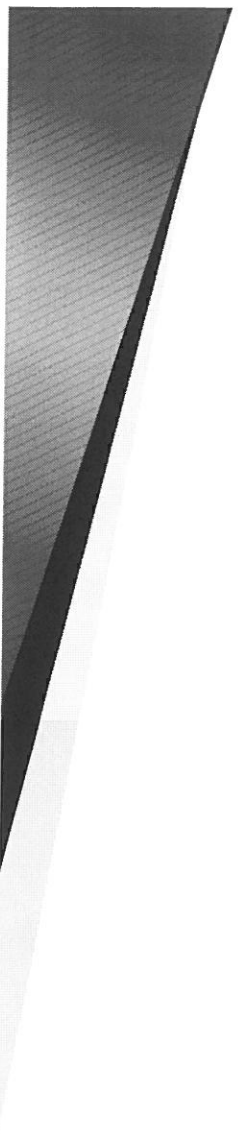
# **WV Aging and Disability Resource Network**

- ▶ The West Virginia Aging & Disability Resource Network (ADRN) and our partner agencies are a bridge to available resources to assist you and your family with questions about long-term care services and supports that may allow you or your loved one to remain at home and active in the community for as long as possible.



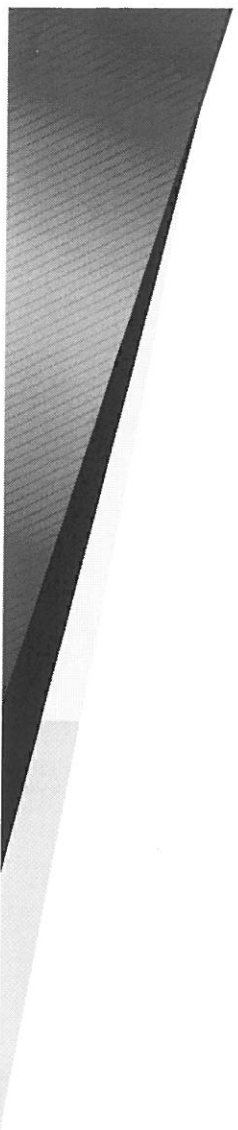
# **WV Aging and Disability Resource Network (cont.)**

- ▶ At the ADRN, you will find professionally trained staff that can answer your questions about programs and other resources available in your area, how to access these services, and can also assist you in applying for those programs and supports that best suit your independent living and long-term care needs.



# **WV Aging and Disability Resource Network (cont.)**

- ▶ The help that you receive from the ADRN will empower you to make informed choices and decisions regarding long-term care. It is recommended that you contact an ADRN partner for more specific information and for a comprehensive assessment of your needs. You can also visit our on-line resource database that contains over 3,000 resources to see what services are available to meet your needs.

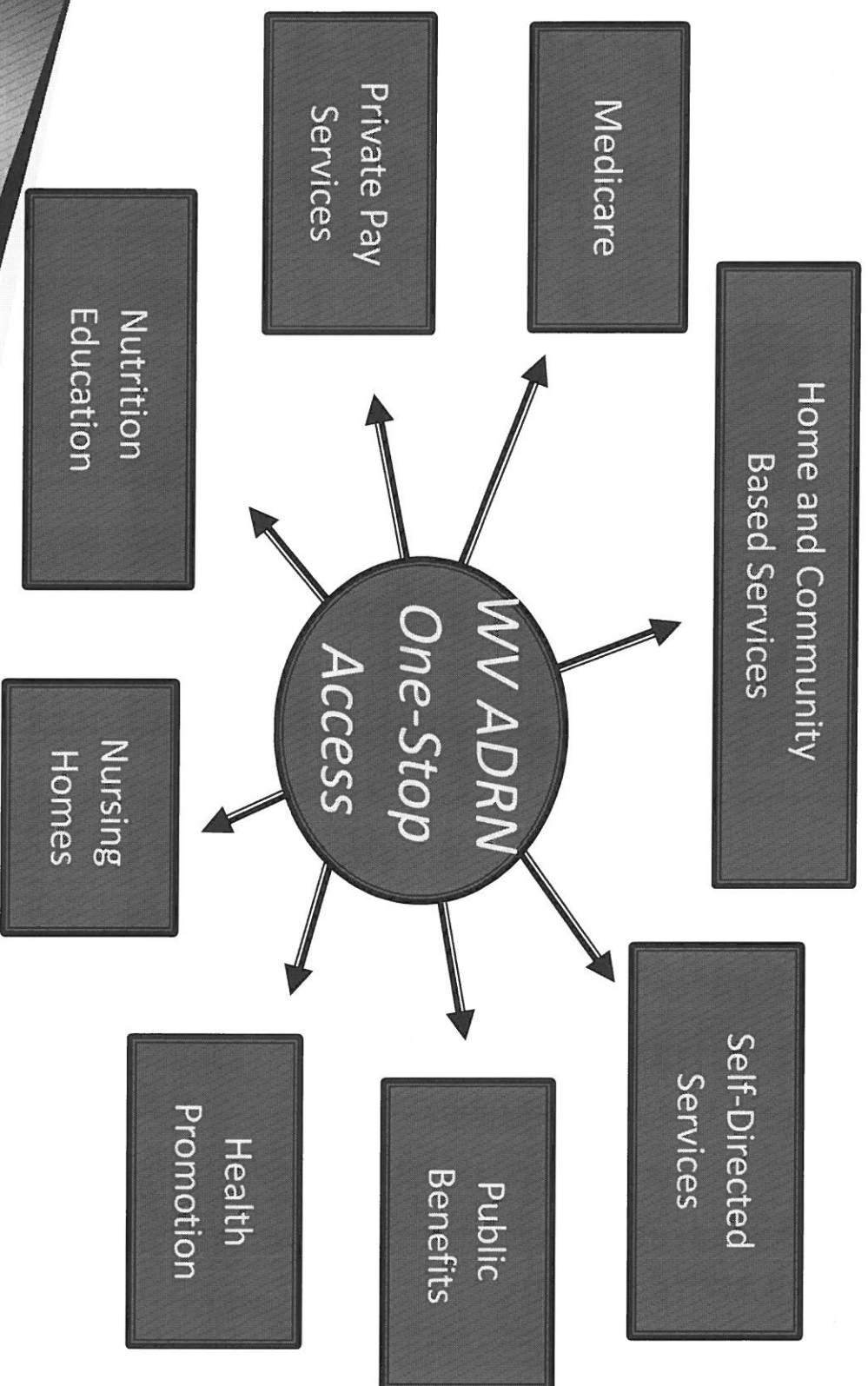


# Key Functions of an ADRN

- ▶ Awareness
  - Public Education
  - Information on Options
- ▶ Access
  - Eligibility Pre-Screening
  - Private Pay Services
  - Comprehensive Assessment
  - One-Stop Access to all public and private programs
- ▶ Assistance
  - Options Counseling
  - Benefits Counseling
  - Employment Options Counseling
  - Referral
  - Planning for Future Needs

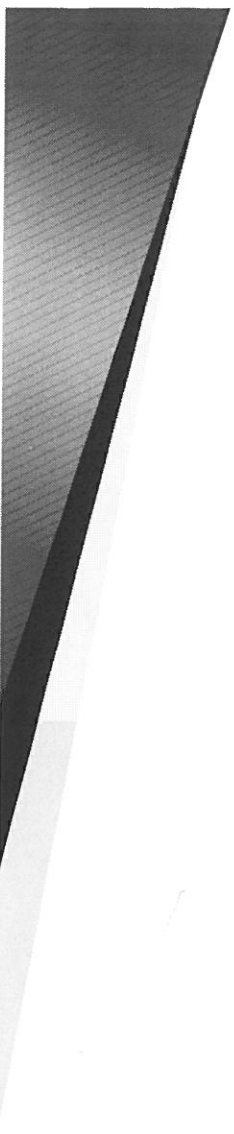


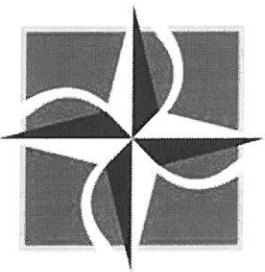
# One-Stop Access



# **ADRN Service Numbers**

- ▶ FY 14, WV ADRN served 10,252 unduplicated individuals with their long term care needs.
- ▶ Current year – July through November, the ADRN has served 4,671 unduplicated individuals
  - 70% of all calls were regarding a senior
  - 30% of all calls were regarding a person under 60 with a disability
  - Majority of calls related to financial concerns, in-home care and insurance





# West Virginia

AGING & DISABILITY  
RESOURCE NETWORK

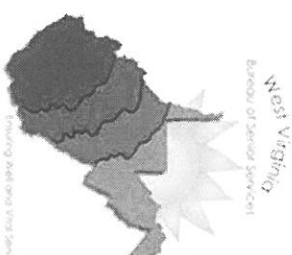
Mailing: 1900 Kanawha Boulevard, East  
Charleston, West Virginia 25305

Location: 3003 Town Center Mall

Charleston, West Virginia 25389

BRIDGE TO LONG-TERM CARE

Toll-Free: 866-987-2372 FAX: 304-558-2357



Services offered at the ADRN are available to anyone, at no charge, regardless of age or income.

## Locations

- Charleston – State Office
- Fairmont
- Petersburg
- Princeton

Comprehensive Resource Database

<http://www.wnavigate.org>



## **FAIR 2014:**

<b>Families served:</b>	<b>835 unduplicated families (1670 individuals)</b>
<b>Hours of FAIR (all funding sources):</b>	<b>209,284 (in-home) + 19,185 (congregate) = 230,210</b>
<b>Hours of FAIR (award only):</b>	<b>192, 489 (in-home), 18,626 (congregate)</b>
<b>Sliding fee total hours of service</b>	<b>10,736.5</b>
<b>Average hours of FAIR per month:</b>	<b>19,184</b>
<b>Average number of clients per month:</b>	<b>422 (in-home) + 34 (congregate) = 456</b>
<b>Average hours of service/client/month:</b>	<b>42.1</b>
<b>Average hours per client per year</b>	<b>505 hours per year</b>
<b>Average cost per client annually</b>	<b>\$7,072.80 in-home or \$4,040.00 congregate</b>

## **Lighthouse FY 2014**

Unduplicated Individuals served: 2,551

Total hours of Lighthouse (all funding sources): 602,847

Average total hours of Lighthouse per month: 50,237

Average number of people served per month: 399

Average hours per client per month: 31.5

Average hours per client per year: 378

Average cost per client annually: \$6,048

## BUREAU OF SENIOR SERVICES

### PROGRAMS

#### I. Senior Centers in all 55 Counties

##### Services Include:

1. Congregate Nutrition Services that meet the U.S. 1/3 Dietary Reference Intakes (USDA) standard;
2. Socialization and Recreation;
3. Transportation to: Centers, Shopping, Recreation;
4. Education Opportunities;
5. A Wellness Program (Chronic Disease Management);
6. Information and Assistance.

#### II. Senior Nutrition Services: Congregate and Home Delivered Meals

- Eligibility 60+ and make a confidential donation
- All County Providers are members of MOWAA (Nutrition Education)
- Congregate – 1,000,000 a year
- Home Delivered – 5 Days a Week, 1.4 million meals
- Monthly Nutrition Newsletter on healthy eating tips and nutrition.

#### III. Transportation – 110,000 trips

1. To Centers and Activities;
2. Assisted Transportation; Hands on Door to Door Transport – primarily medical appointments.

#### IV. Lottery In-Home Services

Both Track Licensing Fees and Scratch off.

##### A. FAIR (Family Alzheimer's In-Home Respite):

- Client is the Caregiver;
- Must have diagnosis of Alzheimer's, Dementia or related;
- 144,815 hours @ \$14.00 an hour
- 19,185 hours @ \$8.00 an hour Congregate Respite;
- Total Hours of Respite: 234,000;
- Max Services per month 64 hours for both In-home and congregate respite with an average of 42;
- Cost Share and on a Sliding Fee Schedule of minimum of \$1.50 an hour; Income only on patient's income (2015 PY) but will change on July 1 to client and spouse income.
- No asset test.

##### B. Lighthouse – In Home Personal Care

- Consumer must have two (2) deficits in ADLs;
- Must Cost Share \$1.50 hour minimum; Consumers income only
- No asset test;
- Maximum hours per month 60 hours with an average of 32;
- Total Lighthouse hours in 2014 602,990
- Total Lottery In-Home Services 836,990 hours.

Lottery Sliding Fees totaled \$862,100, an average of \$1.03 per unit (2014) and must be expensed to provide additional services. In 2014 that was 57,500 hours of additional services.

#### V. State Health Insurance Assistance Program (SHIP)

As of July 1<sup>st</sup>, Federally funded by ACL, the Administration for Community Living; SHIP focuses on assisting beneficiaries with the different parts of Medicare – A, B, D, Advantage and Supplements. During Open Enrollment and all year all beneficiaries, no matter their age, are assisted.

Counselors assist consumers, compare their options available and help the consumers understand how the insurance works. The consumer makes the ultimate decision on what type of coverage is best.

Extra Help is a program through Social Security that assists low-income beneficiaries to receive assistance with prescription costs. Extra help is available 12 months of the year.

Medicare Savings Programs are State Medicaid Programs that help low income beneficiaries with Medicare premiums. Counselors help beneficiaries apply for both programs year around.

The Bureau houses the State SHIP office and contracts additional help with the:

- Three Area Agencies on Aging (AAA)
- Three Aging and Disability Resource Centers (ADRC)
- Forty-three County Aging Programs

The previous year SHIP assisted 24,363 consumers from October 2013 – September 2014.

## VI. ADRN/Aging and Disability Resource Network

The West Virginia Aging & Disability Resource Network (ADRN) and our partner agencies are a bridge to available resources to assist you and your family with questions about long-term care services and supports that may allow you or your loved one to remain at home and active in the community for as long as possible.

- FY 2014, WV ADRN served 10,252 unduplicated individuals with their long term care needs.
- Current year – July through November, the ADRN has served 4,671 unduplicated individuals.
- 70% of all calls were regarding a Senior.
- 30% of all calls were regarding a person under 60 with a disability.
- Priorities are financial concerns, in-home care and insurance.

## Evidence Based Chronic Disease Management

Provider	Consumers/ Groups						Units	2015
		Dining with Diabetes	Healthy Steps	Tai chi for Arthritis	Tai chi for Balance	Chronic Disease	Medication Management	
Barbour	0/32					X		2.00
Berkeley	0/3,013					X		606.50
Boone	65/0					X		65.00
Braxton								
Brooke	16/76					X	X	157.00
Cabell	0/15,323					X	X	3,107.55
Calhoun	105/58					X		783.00
Clay	0/16						X	27.00
Doddridge	0/29					X	X	22.00
Fayette	0/139					X		9.00
Gilmer	14/3,417		X			X	X	3,010.00
Grant	0/354					X		635.00
Greenbrier	18/0					X		584.00
Hampshire	0/40					X		4.50
Hancock	203/1,458					X		2,073.00
Hardy	0/150		X					1,754.00

# Evidence Based Chronic Disease Management

Provider	Consumers/ Groups	Dining with Diabetes	Healthy Steps	Tai chi for Arthritis	Tai chi for Balance	Chronic Disease	Medication Management	Units	2015
Harrison	0/14						X	12.25	
Jackson	12/0		X					37.00	
Jefferson									
Kanawha	0/516					X		67.00	
Lewis	6/0					X		101.00	
Lincoln	0/74		X				X	90.00	
Logan									
Marion	0/1,496			X		X	X	1,229.00	
Marshall	0/71					X		71.00	
Mason	137/86		X	X	X	X	X	609.75	
McDowell	23/43		X			X		271.00	
Mercer CASE	88/0		X			X		159.00	
Mineral									
Mingo	47/0		X			X		380.00	
Monongalia	83/0					X		310.00	
Monroe	0/2			X				2.00	

### Evidence Based Chronic Disease Management

Provider	Consumers/ Groups	Dining with Diabetes	Healthy Steps	Tai chi for Arthritis	Tai chi for Balance	Chronic Disease	Medication Management	Units	2015
Morgan									
Nicholas	14/0	X						115.00	
Ohio	44/100							281.75	
Pendleton									
Pleasants	225/0					X		656.00	
Pocahontas		,							
Preston	146/176		X	X		X		1,374.00	
Putnam	0/3,268					X		838.75	
Raleigh	92/1,232					X	X	7,523.25	
Randolph									
Ritchie	46/117					X	X	122.75	
Roane	0/514					X	X	57.50	
Summers									
Taylor									
Tucker									
Tyler	54/115					X	X	1,311.00	



## Evidence Based Chronic Disease Management

Provider	Consumers/ Groups	Dining with Diabetes	Healthy Steps	Tai chi for Arthritis	Tai chi for Balance	Chronic Disease	Medication Management	Units	2015
Upshur	28/392					X	X	596.00	
Wayne	52/362					X	X	390.00	
Webster	46/9					X		899.00	
Wetzel	110/1,174					X	X	845.50	
Wirt									
Wood	0/607						X	183.50	
Wyoming	12/0		X					30.00	



# Food and Fitness

WEST VIRGINIA BUREAU OF SENIOR SERVICES

Volume 149

## Knowing Your Serving Size

What is the different between a serving size and a portion size? A serving size is the specific measurement recommended for a particular food. As a portion size is the amount given or the amount one chooses to eat. A portion size can be more or less than the serving size.

As time has progressed, the size of food portions have increased. Bagels, muffins, drinks, and SO much more have gradually become larger and larger over time. When going out to eat, we associate a larger portion size with a better value. Sometimes these foods

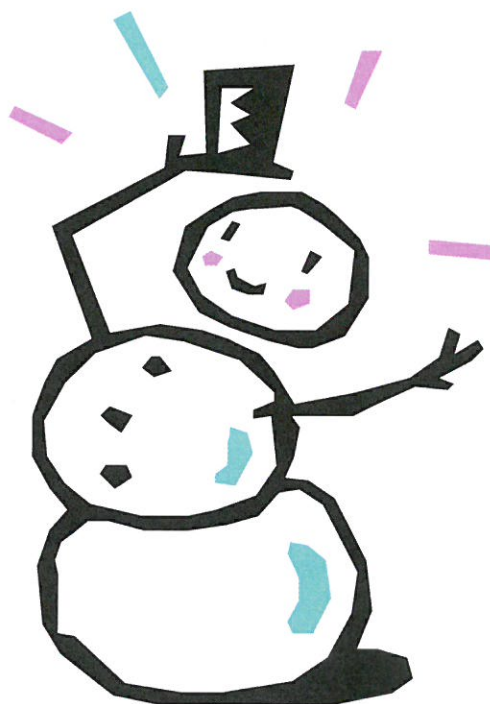
we get can be 400% over the recommended serving size.

There are many ways to be more aware of how much a serving of each food is and how to control how much you are actually wanting to eat of the portion you receive.

**Step 1** – Know how much a serving is for each food. (refer to page 3)

Measure out

each food with measuring utensils or scale and place the food on your plate/bowl. Do this for one whole week so you can recognize what it looks like on the dishes you use.



### Websites of Interest:

- [aicr.org](http://aicr.org)
- [eatright.org](http://eatright.org)
- [todaysdietitian.com/](http://todaysdietitian.com/)
- [aginginmotion.org/resources/](http://aginginmotion.org/resources/)

### Inside this issue:

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Brain Exercise	7
White Bean and Turkey Chili	8



## Knowing Your Serving Size

**Step 2** – Try using smaller dishes. The smaller dishes will make the food appear fuller than on a larger dish.

**Step 3** – Always eat your food off of a plate, bowl, etc. Do not eat from the package so you have an idea of how much you are eating.

**Step 4** – Read your food labels. If the label states there are two servings and you want to eat the whole two servings, then eat them. This is to make sure you are aware of what the entire package contains. The package may state

two servings with 250 calories per serving which means the entire package contains 500 calories. The servings are not a limit on what you eat but are a recommendation.

**Step 5** – When eating out (especially if you are an over eater), ask for a box before you begin eating. Take the amount you do not want to eat and place it in the box to take home. It appears that you have eaten all your meal and should feel satisfied. Doing this will help you from eating until you are about to burst!

**Step 6** – Revisit measuring. Make one day per month where you measure out your foods. Over time the portions you plate out might start to grow by estimating. By measuring once a month, this will help keep your serving size from growing.

Remember that a serving size does not limit you to what you should eat or mean you need to eat only that amount. Serving sizes are there to give you an idea of what is in that specific



## WINTER FRUITS AND VEGETABLES

- |                    |                    |                  |
|--------------------|--------------------|------------------|
| * Brussels Sprouts | * Grapefruit       | * Passion Fruit  |
| * Buttercup Squash | * Kale             | * Pear           |
| * Chestnuts        | * Kiwifruit        | * Pomegranate    |
| * Clementine       | * Leeks            | * Sweet Potatoes |
| * Collard Greens   | * Mandarin Oranges | * Tangerines     |
| * Dates            | * Oranges          | * Turnips        |





# Serving Size Finder

## Standard Serving Sizes

FOOD	SERVING	LOOKS LIKE
Chopped Vegetables	1/2 cup	1/2 baseball
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball or fist for average adult
Fresh Fruit	1 medium piece	1 baseball
	1/2 cup chopped	1/2 baseball
Dried Fruit	1/4 cup	1 golf ball
Pasta, Rice, Cooked Cereal	1/2 cup	1/2 baseball
Ready-to-Eat Cereal	1 oz. varies from 1/4 cup to 1 1/4 cups	
Red Meat, Poultry, Seafood	3 oz. (boneless cooked weight from 4 oz. raw)	Deck of cards
Dried Beans	1/2 cup cooked	1/2 baseball
Nuts	1/3 cup	Level handful for average adult
Cheese	1 1/2 oz.	4 dice or 2 9volt batteries

Source: U.S. Department of Agriculture



# Are You Eating 100% Whole Grains?

Are the whole grain foods you are eating 100% whole grains? When reading the packaging, labels can be very tricky to understand. Labels say multi grain, 9 Grain, whole grain, whole wheat, enriched flour, and etc. What do they really mean?

A label can say all of these without being 100% whole wheat or 100% whole grain. Products can use the statement “whole grain” if the product is 51% or more whole wheat flour than enriched flour or if it has more than 8 grams per serving. (Enriched flour is simply white flour that has been “enriched” with vitamins). BUT this does not mean the product is 100% whole grain.

First, it is important to know what foods are grains. The most common ones are:



- \* Barley
- \* Wheat Flour
- \* Rice
- \* Tortilla
- \* Buckwheat
- \* Bulgur
- \* Farro
- \* Flaxseed
- \* Millet
- \* Oats
- \* Bread
- \* Cereal
- \* Popcorn
- \* Muesli
- \* Quinoa
- \* Rye
- \* Cornmeal
- \* Couscous



- \* Crackers
- \* Pasta
- \* Pita
- \* Grits
- \* Pretzels
- \* Waffles
- \* Pancakes
- \* English Muffins
- \* Muffins
- \* Biscuits
- \* And Much More





# Are You Eating 100% Whole Grains?

Next, why are whole grains important? The wheat plant is composed of the bran, germ, and endosperm.

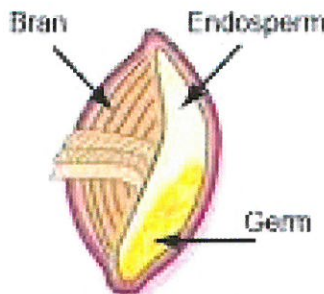
Whole grains use all three parts of the grain whereas the refined grains use only the endosperm.

Whole grains are a better source of dietary fiber and other nutrients that refined grains do not provide unless enriched. Whole grain foods have been linked to lower the risk of diabetes, some cancers, and heart disease.

Finally, labels can use the following terms if the products follow these guidelines:

**Good Source** – 8 or greater grams of whole grains per serving

**Excellent Source** – 16 or greater grams of whole grains per serving



**Grain Anatomy**

**100% Whole Grain** – all grains are whole and at least 16 grams in a serving

The easiest way to determine if the grains are “whole grains” is to look for the

whole grain stamp. The stamp indicates what the percent of the grains product is whole grains or how many grams of whole grains are in each serving.

Whole grains are important to incorporate into your diet. For most Americans, about five servings of grain foods per day is the recommendation. The Dietary Guidelines for Americans recommendations are to make at least one-half of your grains you eat to be whole grains. With this information, you can look in your cabinets to find these stamps and see what foods are really 100% whole grains!



**THE BASIC STAMP**



**THE 100% STAMP**

Kathrine J. Clark, MS  
Nutrition Consultant  
1 John Marshall Drive  
Huntington, WV 25575

*This newsletter is created by Kathrine J. Clark, MS,  
Nutrition Consultant to the West Virginia Bureau of  
Senior Services.*



## White Bean and Turkey Chili

### Ingredients

1 tablespoon canola oil  
2 cups diced yellow onion (about 2 medium)  
1 1/2 tablespoons chili powder  
1 tablespoon minced garlic  
1 1/2 teaspoons ground cumin  
1 teaspoon dried oregano  
3 (15.8-ounce) cans Great Northern beans, rinsed and drained  
4 cups fat-free, less-sodium chicken broth  
3 cups chopped cooked turkey  
1/2 cup diced tomato  
1/3 cup chopped fresh cilantro  
2 tablespoons fresh lime juice  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
8 lime wedges (optional)



### Preparation

Heat oil in a large Dutch oven over medium-high heat. Add onion; sauté 10 minutes or until tender and golden. Add chili powder, garlic, and cumin; sauté for 2 minutes. Add oregano and beans; cook for 30 seconds. Add broth; bring to a simmer. Cook 20 minutes.

Place 2 cups of bean mixture in a blender or food processor, and process until smooth. Return pureed mixture to pan. Add turkey, and cook 5 minutes or until thoroughly heated. Remove from heat. Add diced tomato, chopped cilantro, lime juice, salt, and pepper, stirring well. Garnish with lime wedges, if desired.

Received From: <http://www.myrecipes.com/recipe/white-bean-turkey-chili>